

THE FIVE LOVE LANGUAGES

PROFILE

By Jim Toole and Gary Chapman

Read each pair of questions with this question in mind: Which of these would I prefer to receive from my spouse? You may enjoy both expressions of love, but if you could have only one, which would you choose? After you have made your choice, circle the X at the end of the statement. Be sure to circle only one X for each set of statements. After you finish the profile, total each column vertically. Take the profile when you are in a fairly good mood.

#	Question	A	B	C	D	E
1.	I like to receive notes of affirmation from you	X				
	I like it when you hug me	X
2.	I like to spend one-to-one time with you	...	X			
	I feel loved when you give practical help to me	X	
3.	I like it when you give me gifts	X		
	I like taking long walks with you	...	X			
4.	I feel loved when you do things to help me	X	
	I feel loved when you touch me	X
5.	I feel loved when you hold me in your arms		X
	I feel loved when I receive a gift from you	X	...	

6.	I like to go places with you	...	X			
	I like to hold hands with you	X
7.	Visible symbols of love (gifts) are very important to me	...		X		
	I feel loved when you affirm me	X	...			
8.	I like to sit close to you	...				
	I like for you to tell me I am attractive/handsome	X	X
9.	I like to spend time with you	...	X			
	I like to receive little gifts from you	X		
10.	Your words of acceptance are important to me	X				
	I know you love me when you help me	X	
11.	I like to be together when we do things	...				
	I like the kind words you say to me	X	X			
12.	What you do affects me more than what you say	X	
	I feel whole when we hug	X
13.	I value your praise and try to avoid your criticism	X				
	Several inexpensive gifts from you mean more to me than one large gift	X		

14.	I feel close when we are talking or doing something together	...	X			
	I feel closer to you when you touch me often	X
15.	I like for you to compliment my achievements	X				
	I know you love me when you do things for me that you don't enjoy doing	X	
16.	I like for you to touch me when you walk by			
	I like it when you listen to me sympathetically	...	X	X
17.	I feel loved when you help me with my jobs around the house		
	I really enjoy receiving gifts from you	X	X	
18.	I like for you to compliment my appearance	X				
	I feel loved when you take time to understand my feelings	...	X			
19.	I feel secure when you are touching me	X
	Your acts of service make me feel loved	X	
20.	I appreciate the many things you do for me		
	I like receiving gifts that you make	X	X	

21.	I really enjoy the feeling I get when you give me your undivided attention	...	X			
	I really enjoy the feeling I get when you do some act of service for me	X	
22.	I feel loved when you celebrate my birthday with a gift	...				
	I feel loved when you celebrate my birthday with meaningful words (written or spoken)	X	...	X		
23.	I know you are thinking of me when you give me a gift	X		
	I feel loved when you help out with my chores	X	
24.	I appreciate it when you listen patiently and don't interrupt me	...	X			
	I appreciate it when you remember special days with a gift	X		
25.	I like to know you are concerned enough to help with my daily tasks			
	I enjoy extended trips with you	...	X	...	X	
26.	Kissing me unexpectedly excites me		
	Giving me a gift for no special occasion excites me	X	...	X

27.	I like to be told that you appreciate me	X				
	I like for you to look at me when we are talking	...	X			
	Your gifts are always special to me	X		
28.	I feel good when you are touching me	X
29.	I feel loved when you enthusiastically do some task I have requested	...				
	I feel loved when you tell me how much you appreciate me	X	X	
	I need to be touched every day	...				
30.	I need your words of affirmation daily	X	X
	Total each column (All columns should equal 30)					

A = Words of Affirmation B = Quality Time C = Receiving Gifts D = Acts of Service E = Physical Touch

How To Interpret Your Profile Score

Your highest score indicates your primary love language. Your second highest score indicates your secondary love language. If two scores are identical, you are bilingual (you have two primary love languages). If the scores of your primary language and your secondary language are close (for example, 10 and 9 respectively), it indicates both are important to you. Whatever your spouse does

to express love in either of these languages will get emotional points with you.
The highest possible score for any one love language is 12.